

2006 FOSTER PARENT & CAREGIVER CONFERENCE



*Spokane, Washington
DoubleTree Spokane Center Hotel
September 17 - 19, 2006*

Featured Speakers:



Cheryl Stephani, Assistant Secretary, Children's Administration

Cheryl was appointed as the Assistant Secretary for the Children's Administration within the Department of Social and Health Services (DSHS) in April 2005. For the five years prior to this appointment, she served as the Assistant Secretary for the Juvenile Rehabilitation Administration (JRA). She also served as special assistant to two former DSHS secretaries for over six years specializing in children's issues and organizational management. Since March 2000, JRA has been actively pursuing the implementation of research-based treatment interventions for youth in the deep-end of Washington State's juvenile justice system. In 2002, an integrated treatment model was piloted. It has now been adopted across the JRA system coaching and mentoring youth in the use of cognitive behavioral skills while in residential care and working with family systems as the youth returns home. Cheryl is a graduate of The Evergreen State College in Washington State.



Judge Patricia Clark

The Honorable Judge Patricia Clark is the chief judge for the Juvenile Division of the King County Superior Court. Before being appointed to the bench, she worked as a prosecutor, an educator, and a constitutional Commissioner. Her primary focus was on cases involving At Risk Youth (ARY) and Children in Need of Services (CHINS). Since she was elected to the bench in 1998, Judge Clark has used the power and the possibility of the judicial system to improve the lives of children, adolescents and their families. Judge Clark chairs the Juvenile Disproportionality Committee, and has been foremost in the implementation of Reclaiming Futures Treatment Court, Family Treatment Court, and Systems Integration. She has been a strong supporter of prevention programs that help keep young people out of the detention system altogether. She is involved in developing the Master Plan for Juvenile Courts in the 21st century. She was recently honored with a 2005 Voices for Children Award from the Washington State Children's Alliance.



Jeff Kincaid and family

Jeff Kincaid was the second oldest child in a family of twenty children. His parents began providing out-of-home care to children when he was three years old. In addition to the three biological children, the family eventually adopted 13 children, established one long term guardianship, and three long term foster care placements. This was in addition to all of the other foster children that made their way through their home. Jeff is the father of three beautiful girls, two of whom are adopted. He and his wife are currently in the process of adopting a 12 year old girl. His passion for children is unlimited. Jeff has worked as a Licensor in Children's Administration for 8 years and is currently a Foster Home Licensing supervisor for the rural offices in Region One and also supervises a team of Regional Licensors.



Peter Alsop

Peter Alsop is a nationally known singer-songwriter, educator, and humorist with a Ph.D. in educational psychology. He worked as the Director of The Harbor Schools Residential Treatment Center for emotionally disturbed adolescents in Maine and as a New York City elementary school teacher in the South Bronx ghetto. Peter has produced nineteen audio recordings and seven videos and DVD's for which he consistently wins "BEST CHILDREN'S" awards from Parents' Choice and the Association for Independent Music. His songs are used daily by thousands of parents, educators and human service professionals to help families discuss sensitive issues. His "Wake Up" video with John Ritter helps families prevent child abuse and abduction. He's acted on stage and on television, directed a feature film, and performs extensively at conferences, festivals and concerts through the United States and Canada.

Conference Schedule

Sunday September 17, 2006

- 10:00 am – 6:00 pm Registration (The hotel can store your luggage until after 3:00 pm check-in time)
Welcoming Entertainment – Roger and Aimee Moses and family
- 12:30 pm – 2:45 pm General Session –
Emcees Lyman Legters, Casey Family Programs
 Robyn Nance, KXLY TV
Welcome –
 - Native American Welcome – Roger Moses, Spokane Tribe
 - Flag Presentation – VFW Post 10711, Spokane Tribe
 - Ken Kraft, Regional Administrator, Region 1
 - Cheryl Stephani, Assistant Secretary, Children's Administration
 - Jeff Kincaid, "Still Crazy After All of These Years"
Keynote – Judge Patricia Clark,
Youth Entertainment - "I Believe I Can Fly"
- 2:45 pm – 3:00 pm Break
- 3:00 pm – 5:00 pm **A – Workshops**
- 5:00 pm – 6:00 pm Hotel Check-in
- 6:00 pm – 9:00 pm Dinner in Riverfront Park
Native American Blessing of the meal – Vaughn Eaglebear, Spokane Tribe
Dinner Entertainment – Native American Foster Family Support Group
Bee Kind Garden
Concert in the park – Peter Alsop
Regional Team Competition activities

Monday, September 18, 2006

- 6:30 am Registration (continued)
- 6:30 am – 7:45 am Breakfast
Youth Entertainment
Announcements
- 8:00 am – 10:00 am **B – Workshops or**
8:00 – 11:15 am **WAFTS institute or**
- 10:00 am – 10:15 am Break
- 10:15 am – 12:15 am **C – Workshops**

12:30 pm – 1:15 pm	Lunch Foster Parent Association of Washington (FPAWS)
1:15 pm – 2:30 pm	Keynote: Peter Alsop - "Making Safe Places"
2:30 pm – 2:45 pm	Break
2:45 pm – 4:45 pm	WAFTS institute Workshops (continued)
2:45 pm – 4:45 pm	General Session: Medical issues/Educational issues (Presentations with Q & A)
	<u>Medical Panel Members</u>
	Nancy Anderson – Health & Recovery Services Administration
	Sylvia Soto – Health & Recovery Services Administration
	Margaret Wilson – Health & Recovery Services Administration
	Diane Inman – Children's Administration Well-being Supervisor
	Michelle Bogart – Children's Administration Health Issues
	<u>Educational Panel Members</u>
	Karen Sporn – Children's Administration - A Early Childhood
	Annie Blackledge – Children's Administration Education
	Phoebe Sade Anderson – Education Advocacy Program, Region 4
	Marianne Ozmun – Foster Care to College and Education & Training Voucher
4:45 pm – 5:00 pm	Break
5:00 pm – 6:00 pm	Regional Breakouts with Regional Administrators
6:15 pm – 8:15 pm	Dinner Honoring Community Partners – Robyn Nance, KXLY TV Harry Potter Skit - The Dependency Process – Region 1 Foster Youth Panel – Mockingbird Society

Tuesday, September 19, 2006

6:30 am – 7:45 am	Breakfast Youth Entertainment Announcements
8:00 am – 10:00 am	D – Workshops
10:00 am – 10:15 am	Break
10:15 am – 12:15 am	E – Workshops
12:30 pm	Closing General Session/Snack Announcement of Grand Prize (Must attend to win) Announcement of Regional Team Winner Announcement of winners of Dream Catchers and other prizes Leaving of the Flags – Roger Moses, Spokane Tribe

Sunday 3:00 pm – 5:00 pm **A – WORKSHOPS:**

A-1 “The Paper Trail” – Sheri Rego, RFTI trainer

This is a hands-on interactive training on documentation for caregivers that will highlight why documentation is important; what information should be documented; and how to document objectively vs. subjectively by using SOAP.

A-2 “Powerful Families Initiative” – Kelly Guy and Shelia Braxton, Casey Family Programs

Parenting is a complex and ever-challenging task. This training is a strength-based empowerment program that promotes family stability and security by providing tools to advocate for families. Topics include financial literacy, advocacy, and community leadership.

A-3 “Cultural Considerations & Responsibilities in Fostering Native American Children” – Lisa Powers, Division of License Resources (DLR) Supervisor & Karen Cramer, Area Administrator, DLR, Region 3, & Harold Belmont, Suquamish Tribe, Trainer and Elder

The workshop will focus on the cultural considerations of foster parents when fostering Native American children including maintaining and enhancing their cultural heritage.

A-4 (TBA)

A-5 “Parent-Child Visits: The Caregiver Role” – Deanna Bedell, Children’s Administration

This workshop will provide foster parents and caregivers an introduction to the new parent-child visitation policy. Discussion will focus on the importance and dynamics of visits in relation to timely permanency and well-being of the child.

A-6 “The Foster Care Experience: A Youth’s Perspective!” – Rick Butt, Children’s Administration (Panel from Passion to Action CA Statewide Youth Advisory Board)

This workshop will enable participants to hear from the Statewide Youth Advisory Board about their experience in foster care, how caregivers can help in the youth’s transition into adulthood, and much more.

A-7 “Special Education: Navigating the System” – Steve Zuber, Casey Family Program

A high percentage of foster and kinship youth end up in Special Education as a result of behavior issues and testing lower on standardized tests. These same children often end up changing schools but records do not always follow. Learn how to help advocate for youth in special education.

A-8 “Keeping Siblings Together” – Starlene Clig, YMCA

Look at the importance of keeping siblings together and the importance of sibling connections when it comes time to find “forever families”.

Monday 8:00 am – 10:00 am

B – WORKSHOPS

B-1 “Therapeutic Environments: Managing Behavior in Foster and Kinship Care” – Scott Hanauer, Kim Hantz, Community Youth Services, Part 1 (4 hours, continued in C-1)

This workshop will provide parents with real tools to manage, decrease, and deter escalated behavior; improve self regulation; and help children achieve appropriate emotional and developmental tasks. Come learn tools on how to understand motivators of escalated behavior and effective behavior management strategies in foster and kinship care.

B-2 “Where Did all My Money Go?” – Christin Kundert, CK Services Inc., & Ramsey Graham, NEST Services, Part 1 (4 hours, continued in C-2)

This workshop will focus on record keeping for caregivers of all income levels with discussions on expenses to feed, clothe, and care for foster children and charitable contributions as a volunteer.

B-3 “Supporting the Lives of Native American Children in Foster Care” – Chryss James, & Mary Gauhey, Heartbeat Foster Family Support Services - Cultural Assessment Task Force Part 1 (4 hours, continued in C-3)

Understand the history of the Native Americans in the Pacific Northwest including understanding family dynamics, patterns of communication, learning styles, and spirituality. Learn how to use this information to support cultural retention of Native American children and their mentors.

Understanding the process and language of special education. Learn how to advocate for your child’s needs.

B-4 “Positive Outcomes of Matching Children and Families” – Connie Morlin & Lisa Johnson, Children’s Administration, Region 1

This workshop will focus on the common elements between appropriate matching of children to foster families and stability of placement and how doing this will promote retention of foster families with better outcomes for children.

B-5 “Relative Framework: Upcoming Practice” – Barbara Bofinger & Pam Kramer, Children’s Administration Headquarters

Learn about the relative framework that will improve practice for relative caregivers. Training will include information on support and services for relative caregivers.

B-6 “Ansell Casey Life Skills Assessment Training” Part 1

This training is for caregivers and foster parents who have adolescent youth in their home. Participants will become familiar with the Ansell Casey Life Skills approach to preparing youth for independent living. This training will assist caregivers to support the development of adult living skills for youth in care.

**Monday 8:00 am – 11:15 am (Same time as B-Workshops)
and 2:45 pm – 4:45 pm**

WAFTS Institute (Washington Association of Family-Based Treatment Services)

The WAFTS Institute workshops are 3 five hour classes.

This institute will provide participants with an in-depth, intensive experience in workshops pertaining to family-based treatment foster care. Each of this year's five hour workshops will consist of experiential training that will be immediately applicable in your work with children and families. **You may choose one of the three concurrent workshops or see Workshops B in the same time slot.**

All workshops are certified through the Central Washington University Office of Continuing Education and meet Washington Department of Health and continuing education requirements for certified social workers, mental health counselors, and marriage and family therapists. To obtain credit, all five hours of training must be attended.

WAFTS Institute (three 5 hour classes)

Monday 8:00 am – 11:15 am and Monday 2:45 pm – 4:45 pm

WAFTS institute – class 1

"Create a Better Family Life Strategy: Three Steps to Align Your Family Life, Beliefs, Values, and Goals" – Kendra L. Cook, Life Coach, Foster and Adoptive Parent

Foster parents, social workers and all caregivers must find a way to balance their family, work, values, and beliefs. This workshop will help participants develop their own "Wheel of Life" and strategies for stress management.

WAFTS institute – class 2

"The role of Foster Parents in the System: Setting Healthy Boundaries" – Mark Richards-Wetzel, Foster Parent, Mental Health Therapist and Foster Parent Recruiter

This seminar is geared toward: the roles and limitations of Foster Parents; Foster Parent's Rights and Responsibilities as specified by Children's Administration; the role of Foster Parents as community leaders; setting boundaries to remain healthy; Foster Parents as recruiters; the Family to Family concept; and the difference between private agencies and the Division of Children & Family Services.

WAFTS institute – class 3

"Getting Your Kids to Think" – Maurice Lacunza, Foster and Adoptive parent

This parenting program is based on the assumption that children are resilient, strong, and capable of making decisions. Parents are taught a twofold format: create a solid relationship that opens up communication lines and learn effective parenting strategies that can be used immediately. Maurice is an adoptive parent of two boys and has foster parented over 50 children throughout the years. This program is truly fun and promises to deliver hands on tools, ideas, and strategies that can be used immediately.

Monday 10:15 – 12:15 pm

C – WORKSHOPS

C-1 “Therapeutic Environments: Managing Behavior in Foster and Kinship Care” – Scott Hanauer, Kim Hantz, Community Youth Services, Part 2 (4 hours continued from in B-1)

This workshop will provide parents with real tools to manage, decrease, and deter escalated behavior; improve self regulation; and help children achieve appropriate emotional and developmental tasks. Come learn tools on how to understand motivators of escalated behavior and effective behavior management strategies in foster and kinship care.

C-2 “Where Did all My Money Go?” – Christin Kundert, CK Services Inc., & Ramsey Graham, NEST Services, Part 2 (4 hours, continued from B-2)

This workshop will focus on record keeping for caregivers of all income levels with discussions on expenses to feed, clothe, and care for foster children and charitable contributions as a volunteer.

C-3 “Supporting the Lives of Native American Children in Foster Care” – Chryss James, & Mary Gauhey, Heartbeat Foster Family Support Services - Cultural Assessment Task Force Part 2 (4 hours, continued from B-3)

Understand the history of the Native Americans in the Pacific Northwest including understanding family dynamics, patterns of communication, learning styles, and spirituality. Learn how to use this information to support cultural retention of Native American children and their mentors. Understand the process and language of special education. Learn how to advocate for your child's needs.

C-4 “Connections for Caregivers” – Rene Siers & Dru Powers, Families for Kids, Tim Nelson, Area Administrator, Region 1

As a caregiver, are you a foster parent or a family provider or both? Come learn roles and responsibilities of care providers and what supports are available. Topics covered also include placement stability, sibling issues, permanency and teaming.

C-5 Medical Consultants’ Presentations:

“Medical Home for Foster Children” – Chris Olson, MD

Dr. Olson will review the concept of a Medical Home. Every child should have a place where he or she can access physical and mental health care services or where referrals can be made to specialty care when appropriate. The medical home is family-centered, culturally competent, accessible and coordinated.

Oral health – Francie Chalmers, MD

Dr.Chalmers will review the importance of oral health in the context of overall health in normal and special needs children. Dental disease is the most common chronic disease in children. She will review the importance of regular dental visits for all children, access to dental care, and the importance of good dental health in preventing pain and disability.

Immunizations – Don Ashley, MD

Dr. Ashley will review the role of immunizations in preventing childhood infections and the importance of having all immunizations current for child care and school. He will briefly cover some of the recent recommendations for new immunizations.

C-6 “Ansell Casey Life Skills Assessment Training” Part 2

This training is for caregivers and foster parents who have adolescent youth in their home. Participants will become familiar with the Ansell Casey Life Skills approach to preparing youth for independent living. This training will assist caregivers to support the development of adult living skills for youth in care.

Tuesday 8:00 am – 10:00 am

D – WORKSHOPS

D-1 “Psychotropic Medication and the Juvenile Brain” – Pierre Rivard, Service Alternatives for WA., Inc., Part 1 (4 hours, continues to E-1)

Learn how the physiology of the brain may be affected by abuse, neglect, and abandonment. This training will include a presentation on the juvenile brain and psychotropic medication and their potential effect on the brain and hormones.

D-2 “Learn, Plan, Access, and Advocate for Your Child (Birth to Three) with Disabilities, Delays and/or Special Needs in Washington State” – Kathy Blodgett, DSHS Infant Toddler Early Intervention Program, Cassie Johnston, Washington PAVE, Part 1 (4 hours continues to E-2)

This training provides an overview of the Individuals with Disabilities Education Act, eligibility for services and how referrals for services work. The panel will share tips, information, and resources on services and supports available.

D-3 “Sexually Reactive and Aggressive Youth” – Carly Jones, MSW & Stacey Rose, MSW, [JoAnn Alderman](#), Lutheran Community Services

Learn how to identify sexually reactive/aggressive behaviors displayed by children in foster care. Learn ideas on how to work with these children and provide supervision.

D-4 “Supporting Educational, Employment, and Independent Living Success For Youth In & Leaving Out-Of-Home Care: Tools And Resources” – Debbie Staub, Eric Steiner, & Marlon Buchanan, Casey Family Programs

Learn about culturally sensitive tools and resources and how they can be utilized to insure a promising tomorrow for youth in foster care.

D-5 “Goal Oriented Communication” – Dru Powers & Renee Siers, Families For Kids, & Sharon Tanner, Supervisor, Region 1

Learn different patterns to communication. Learn how social workers use a “Jack Webb” type of language, the ability to say a lot in few words. You will learn a few language skills that can help bridge the language barriers.

D-6 “How to Model Coping Skills” – Peter Alsop, PhD.

We each have favorite tools in our toolbox, to help us cope with difficult people and situations. Come and share stories and strategies with Peter Alsop on ways to use music, humor and a technique called “sculpting” to overcome the emotional roadblocks we run into as we travel through these difficult times.

D-7 “Finding Our Roots” – Jonah Idczah, Northwest Institute for Children & Families, UW School of Social Work & Lisa Kelly, Director of Children & Youth Advocacy Clinic at School of Law, UW

The presenters will share progress, achievements, and lessons learned from engaging foster parents, caregivers, foster youth, family members and service professionals in a planning process that is aimed at strengthening family ties and engaging all of the above in developing a permanent plan for youth.

D-8 “Mentoring Youth in Foster Care: A Vision for the Future” – Tom Pennella, Division of Alcohol and Substance Abuse & Roger Jones, Big Brothers Big Sisters of Thurston County

What does mentoring do for foster youth and their families? Learn about the power of mentoring and its potential in the lives of foster youth. Through a forum discussion learn how to begin a mentoring initiative.

Tuesday 10:15 am – 12:15 am

E – WORKSHOPS

E-1 “Psychotropic Medication and the Juvenile Brain” – Pierre Rivard, Service Alternatives for WA. Inc., Part 2 (4 hours, continued from D-1)

Learn how the physiology of the brain may be affected by abuse, neglect, and abandonment. The training will include a presentation on the juvenile brain and psychotropic medication and their potential effect on the brain and hormones.

E-2 “Learn, Plan, Access, and Advocate for Your Child (Birth to Three) with Disabilities, Delays and/or Special Needs in Washington State” – Kathy Blodgett, DSHS Infant Toddler Early Intervention Program & Cassie Johnston, Washington PAVE, Part 2 (4 hours, continued from D-2)

This training provides an overview of the Individuals with Disabilities Education Act, eligibility for services and how referrals for services work. The panel will share tips, information, and resources on services and supports available.

E-3 “Foster Parent Reimbursement and Constituent Relations” – Cheryl Rich, Children’s Administration, Office of Risk Management

Gain a working knowledge of the Foster Parent Reimbursement program and the Constituent Relations program. The workshop will provide information on the types of reimbursement, limits of the program, and how to properly submit claims. An overview of the complaint process will be provided.

E-4 “Are You Listening?” – Jim Zinglemann & Michael Shea, Division of Children & Family Services, Region 6

Listening is an art, a skill, and a discipline that requires both self-control and awareness. To effectively listen, one must develop the required techniques to be silent and listen. Come learn the essentials for effective listening.

E-5 “Fostering Pride: Supporting Gay, lesbian, Bisexual, Transgender & Questioning (GLBTQ) Youth in Foster Care” – Marianne Ozmun & Jeanne McShane, Children’s Administration

Learn the truths and myths surrounding sexual orientation and gender identity. View the landmark film *“We Are...”* produced by DSHS and featuring GLBTQ youth who have experienced life in foster care. Acquire valuable resources to become a more effective youth advocate.

E-6 “The CHERISH Program: Specialized Early intervention for Foster children and Support for Caregivers” – Kristie Baber, MSW, LICSW

Learn about the CHERISH program which provides foster and kinship family access to important early screening and specialized intervention services that can make the difference between a child reaching full potential or losing an irreplaceable opportunity.

E-7 “Foster Parents: Soil for Growing Healthy Children” – Liz Campbell, MA, & Dalene Loder, MS, LMHC, NAC, Family Essentials

Children in care are already at a disadvantage in terms of developing a healthy attachment. Learn how foster parents/caregivers can lessen this tendency by integrating their own childhood experiences and developing a more secure attachment system of their own.

E-8 Medical Consultants’ Presentations:

Medical Home for Foster Children – Chris Olson, MD

Dr. Olson will review the concept of a Medical Home. Every child should have a place where he or she can access physical and mental health care services or where referrals can be made to specialty care when appropriate. The medical home is family-centered, culturally competent, accessible and coordinated.

Child Abuse and Sexual Abuse – Becky Wiester, MD

Dr. Wiester is an expert in child abuse identification and prevention. She will review the behaviors seen in victims of abuse and the role for assessing these behaviors when children come into care. She will cover access to these services as well.

Mental Health and Psychotropic Medications – Roy Simms, MD

Dr. Simms will review the current mental health needs for children coming into care. He will discuss some options for care and briefly review the role of medication in mental health diagnoses.

Advisory Committee members:

Barbara Bofinger
Starlene Clig
Michelle Cutlip
Lauren Frederick
Linda Gil
Diana Gray
Jan Hinkle-Rodriguez
Carolyn Jones
Sandra Kirk
Pam Kramer (Caird)
Ruth Leonard
Paul Mann
Connie Morlin
Charleen Morrow
Aimee Moses
Roger Moses
Ron Murphy
Sharon Newcomer
Donna O'Brien
Laurie Palmquist
Bob Partlow
Dru Powers
Lisa Powers
Mark Richards-Wetzel
Linda Rogers
Barbara Rosenwald
Mary Sarno
Ginger Schutt
Renee Siers
Yong Son
Darla Torno
Nancy Underwood-Long
Wendy Warman
Tiffany Washington